

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

LUNCHEES CARRIED TO SCHOOL

How would you like to carry your lunch in a box or paper bag, every day, five days a week, as long as the school term lasts? Especially if you knew the family was having a good hot noon dinner while you were away, and that at night you would probably have only a "pick-up" supper, a sort of second lunch? You'd like to have extra care given to making your lunch box attractive and appetizing, wouldn't you? Different things in it from one day to another, to make it less monotonous. A little surprise, now and then. Very little in the way of bulky containers or table tools to carry back and forth. That's the child's point of view.

Now for the teacher's angle. She gives the luncheon period careful supervision to see that everything is managed in a clean and orderly way, so that the opportunity to learn something even at lunch time is not wasted. The children are taught to wash their hands before eating, to clear their desks and lay a paper napkin or oilcloth doily on them, or to gather around a table made ready in a similar way as in this picture of some children in a rural school in Connecticut.

If it is at all possible to do it in her school, the teacher has probably seen to it that one hot dish is served every day-- cocoa or soup or beans or some other dish easily prepared and served under school conditions. She has arranged for milk for every child. She lists the foods to be served at school so the children can tell their mothers in advance what they are going to have each day. Then the mothers can pack lunches that supplement the foods at school.

But how about the mothers? Do they do their part in giving special attention to what goes into the school lunch box and how the food is packed? Not always. The early morning before school time is one of the busiest periods of the day. If there is a child old enough to attend to the lunches entirely, or if some member of the family other than the busy mother will do it, many school lunches would

probably taste better and fit the children's needs better. The older sisters of the children in the picture belong to a 4-H club in Tolland County, Connecticut, and under the direction of the county extension agent they take turns in preparing something hot for the younger children's school lunches every day as part of their health work, and they also help pack the lunch boxes.

To begin with, it's always a good plan to reserve a place for preparing the lunches-- a table or counter near the drawers or shelves where the waxed paper, paper napkins, bags, paper cups, and so on, are kept. The bread box, cookie jar, and packages of other materials that do not have to be kept in the ice box could be close by. In the same way, on one shelf in the refrigerator could be placed regularly the fillings intended for the next day's sandwiches.

The following suggestions for lunches to be carried to school are offered by the Bureau of Home Economics of the U. S. Department of Agriculture:

1. Sandwiches with scrambled egg filling and lettuce. A firm tomato. Cookies. Milk.
2. Chopped cold cooked meat sandwiches, filling moistened with chili sauce, lettuce leaf. Apple or grapes. Milk.
3. Sandwiches filled with cottage cheese salted and mixed with any of these Chow chow, chili sauce, chopped dill pickle, green pepper, celery, parsley, onion, or other salad vegetables, chopped nuts. Cup cake. Milk.
4. Peanut butter sandwiches, or ground shelled roasted peanuts moistened with cream or top milk, on whole wheat bread. Raw crisp cucumber sticks or celery. Cup custard or rice pudding. Milk.
5. Sandwiches of dried beef "frizzled" in butter, with crisp lettuce, cress or chopped parsley. Banana or dried fruit. Milk.
6. Baked bean sandwiches on brown bread, the beans moistened with chili sauce or catsup and mashed to a smooth paste. Raw carrot sticks, raisins. Milk.

